

# TOPTENN TENNIS

PUTTING THE FUN BACK INTO FUNDAMENTALS



## GREEN (10-12YRS)

## PRACTICE TIPS FOR HOME



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# TOPTENN TIPS

## EQUIPMENT

Always use the Green (75% compression) Hot Shots Ball. These are designed specifically to bounce at the best height, and travel at the perfect speed for 10-12 year olds to develop great technique, learn tactical play, serve, rally and score. All students receive a compression ball in their welcome pack, otherwise they are available to purchase from Toptenn.

## PRACTICE IDEAS

-  Rally, rally, rally! Self-rally with tap ups, rally with a partner, rally against a wall, a rebound net or at worst a totem tennis set up!
-  Over arm throws/serves at targets, hoops, buckets, rebounds net, targets hanging/drawn on wall (chalk).
-  Use barrier tape tied between two stakes/trees/cricket stumps/wheelie bins to have a make shift net and play almost anywhere in the backyard or park.
-  Practice your forehand 'pan' grip, backhand 'torch' grip, serve/volley 'hammer' grip. Practice changing between them all